

Patient Information

Department of Nutrition and Dietetics**Renal Disease: Eating well with Kidney Problems (Calories for people with diabetes)**

This information should only be used by patients with kidney disease and should only be followed with supervision from a dietitian.

It is important that you maintain a healthy weight by having a good energy intake.

Here are some tips on increasing your energy intake:

- Have extra starchy foods such as bread, breakfast cereals, potatoes, rice, pasta, or chapattis.
- Include snacks between meals such as plain biscuits, plain cakes, scones, toast, corn or maize snacks, or crumpets.
- Use full cream milk instead of skimmed or semi skimmed milk - aim to use milk a day.
- Have low sugar puddings e.g. Reduced sugar custard, milk puddings, plain ice cream or low sugar yoghurts.
- Spread butter or margarine (preferably monounsaturated or polyunsaturated) thickly on bread, toast, chapattis, scones and crackers.
- Serve potatoes and vegetables with a large knob of butter or margarine.
- Use cooking oils (preferably rapeseed, olive, corn or sunflower) for frying, basting or salad dressings.
- Have double cream with cereals, porridge, tinned or stewed fruit, add to sauces, casseroles or mashed potato.
- Add full fat mayonnaise or salad cream to sandwich fillings.
- Try to avoid long periods of time between meals or snacks



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Suggestions:

Warning - Starfruit contains a chemical which can be extremely dangerous to people with kidney problems. They should be avoided.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust

Contact number: 024 76966151

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